



How to use Sri Yantra?

Step 1: Print this sheet.

Step 2: Place this sheet in front of you and sit comfortably.

Step 3: Breathe normally.

Step 4: Look into the central white dot while concentrating on the centre.

Step 5: You will gradually start seeing different geometries and patterns.

Step 6: Continue observing these patterns while looking into the central white dot for at least one minute. Gradually increase the time duration to five minutes in future exercises.

Step 7: After completing, sit quietly for some time, and observe your breathing before joining your daily activities.

We recommend using Sri Yantra daily as part of improving your mental health.

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